

Northwest Academy

(Therapeutic Boarding School)

CONTACT

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PROGRAM OUTLINE

Gender: Coeducational
Ages: 16 - 18
Grades: 9 - 12
Enrollment: 45
Duration: 12 months
Founded: 1994



NATSAP Member
Since: 2006

Airport: Spokane, WA (GEG)

Northwest Academy is a therapeutic boarding school that meets the unique needs of older adolescents ages 16 to 18 and is designed to help students address the roadblocks that are keeping them from successfully transitioning to adulthood. Northwest Academy students repair their GPA, rekindle their desire to attend college, apply and are accepted into college, and examine their thoughts, feelings, behaviors, and the relationships and patterns between them. Students leave Northwest Academy with a high school diploma in hand and the tools and confidence needed to follow a healthy path as a young adult.

Student profile: co-ed ages 16 to 18 (must enroll prior to their 18th birthday), bright, college-capable, at risk of not finishing high school, poor or deteriorating academic performance, affiliating with negative peers, expressing unhealthy independence, oppositional and defiant, using/abusing drugs or alcohol, defying authority and family rules, suffering from depression, limited by anxiety, entitled and indulgent, acting out in opposition to family values, off-track from their post-secondary goals and dreams.

Staff includes: licensed therapists, substance abuse counselor, psychiatrist, tenured milieu staff, recreation instructors, registered nurses, and credentialed teachers. Together, they encourage students to revisit abandoned values, prepare for adulthood, pursue healthy relationships, develop independent living skills, challenge self-imposed limits and self-defeating behavior patterns.

Primary therapists work with students, families and associated professionals to develop the treatment plan. Our team approach is integrative, comprehensive and inclusive, with students active in developing individualized plans. Plans are evaluated and updated bi-weekly with focus assignments that help break down larger goals into immediate action steps. Students receive weekly individual and family therapy and participate in five therapeutic groups. Our certified substance abuse counselor works with students to develop recovery plans that include weekly recovery groups (utilizing the Stages of Change model for achieving/maintaining sobriety) and on/off campus 12-Step meetings.

We have found that in healing primary parent-child relationships, students become more participatory in exploring their deeper, core issues that often impede success. Parent participation is critical and often predictive of a student's future success. Utilizing that input and influence, we provide family therapy, guided writing/communications, goal oriented visits, parent education workshops, parent-child adventure therapy trips, and parent coaching transitional support.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: State of Idaho, Department of Health and Welfare; Student and Exchange Visitor Information System (SEVIS)

Professional Affiliations: NATSAP-Full Member; Association for Experiential Education (AEE); Advanced